



Garlicky Leg of Lamb with Yogurt Sauce

 Gluten Free

READY IN



420 min.

SERVINGS



16

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup cucumber diced english
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 garlic clove minced
- ☐ 10 garlic cloves halved
- ☐ 6 pound leg of lamb bone-in trimmed
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 1 tablespoon lemon rind grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 cup greek yogurt plain 2% reduced-fat
- ☐ 0.3 cup plum tomatoes diced
- ☐ 0.3 cup onion diced red
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon salt

Equipment

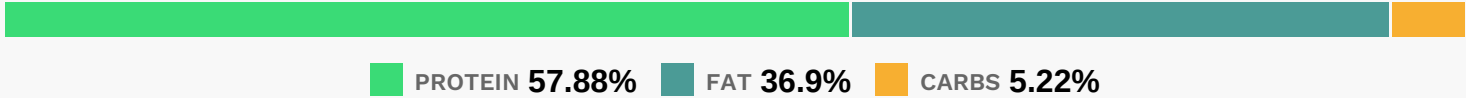
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Combine first 5 ingredients in a small bowl.
- ☐ Cut 20 (3/4-inch-deep) slits in lamb. Press 1 garlic half into each slit. Rub lamb with lemon mixture. Cover and marinate in refrigerator at least 5 hours.
- ☐ Preheat oven to 450
- ☐ Sprinkle lamb with 1 teaspoon salt and pepper.
- ☐ Place lamb on a wire rack coated with cooking spray; place rack in a roasting pan.
- ☐ Let stand at room temperature 20 minutes.
- ☐ Bake lamb at 450 for 20 minutes.
- ☐ Reduce oven temperature to 375 (do not remove lamb).
- ☐ Bake an additional 55 minutes or until a thermometer inserted in thickest portion registers 135
- ☐ Let stand for 15 minutes; cut across the grain into slices.

- ☐
- Combine yogurt and remaining ingredients in a medium bowl.
- ☐
- Serve with lamb.

Nutrition Facts



Properties

Glycemic Index:12.94, Glycemic Load:0.3, Inflammation Score:-5, Nutrition Score:12.611304547476%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 167.48kcal (8.37%), Fat: 6.68g (10.28%), Saturated Fat: 2g (12.47%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 1.77g (0.64%), Sugar: 0.77g (0.85%), Cholesterol: 69.21mg (23.07%), Sodium: 235.41mg (10.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.59g (47.18%), Vitamin B12: 2.98µg (49.68%), Selenium: 26.76µg (38.22%), Vitamin B3: 6.77mg (33.83%), Zinc: 4.23mg (28.23%), Phosphorus: 230.19mg (23.02%), Vitamin B2: 0.31mg (18.25%), Iron: 2.17mg (12.06%), Vitamin B6: 0.23mg (11.43%), Vitamin B1: 0.16mg (10.78%), Potassium: 361.02mg (10.31%), Vitamin B5: 0.85mg (8.47%), Magnesium: 33.18mg (8.3%), Copper: 0.15mg (7.6%), Folate: 28.62µg (7.15%), Manganese: 0.1mg (4.87%), Vitamin K: 4.5µg (4.29%), Vitamin C: 3.21mg (3.89%), Vitamin E: 0.58mg (3.84%), Calcium: 32.1mg (3.21%), Fiber: 0.36g (1.45%), Vitamin A: 59.23IU (1.18%)